

CKMS TRACK 2019

Hello Athletes and Parents,

Track season begins THIS FALL, Monday September 3, 2019. This is the Monday before school starts (First day of classes is September 4th). We are looking forward to seeing returning track members and many new athletes to our Central Kitsap Middle School Track Program. The events that you can participate in will include running events (sprints, hurdles, middle distance or long distance), jumping events (high jump or long jump), throwing events (shot put, discus, or javelin) and relay teams.

All paperwork should be turned in to the ASB window by Thursday, August 29, 2019. The following paperwork must be completed and turned in before you can practice with the team. You must have:

1. CURRENT PHYSICAL signed by a physician—good for 2 years from exam date;
2. NEW Emergency Reference form (pink form),
3. Athletic Clearance form (once a school year)
4. Concussion/Sudden Cardiac Arrest Acknowledgement form (once a school year)
5. Track Insurance form. You will also need to pay for ASB privileges (\$15.00) and PAY to PARTICIPATE (\$50.00). Please return these forms to the ASB Office on or BEFORE August 29, 2018.

Practice begins at 3:40 PM every day after school, rain or shine, so dress for the weather. We use all of the practice time with team warm-ups, stretching, conditioning drills, demonstrations/review of events, specific event practices, cool down and debriefing from practice. You will need to wear a t-shirt/sweatshirt, sweat pants and good running shoes EVERY day for practice. Track spikes are used in many of our events, especially sprinting and jumping events. You are encouraged to purchase spikes, but please talk to one of the coaches about the need for spikes if you are new to track or are unsure of what spikes will work for the events you hope to participate in. You will be issued a CK track uniform before our first meet and we ask that you, the athlete, wear the uniform with pride and distinction. You may also want to purchase spandex shorts (BLACK) to wear under the uniform shorts.

CKMS has a rich track history includes many outstanding performances, school records and District championships. Parents, we are asking for your support and cooperation to assure that your child will attend all practices and participate fully during the time between 3:40-5:45 PM. YOUR STUDENT MUST HAVE A RIDE HOME BEFORE 6:00 PM ON PRACTICE DAYS. Please know that Athletes must ride busses to and from Track meets next year. Parents must pick their Athlete up within 15 minutes of the busses arrival at school.

At home meets we rely on parent volunteers to help officiate the many events and keep our meets running smoothly. YOU DO NOT NEED TO HAVE TRACK EXPERIENCE TO VOLUNTEER!

All of the coaches look forward to seeing you September 3rd.

Mr. Keller, Mrs. Winger, Mr. Covelli, Mr. Brenner &, and Mr. Schultz, Mr. Scott